GROUPX + BSTRONG PASS

FALL 2026 | SEPTEMBER 24 - DECEMBER 6 | NO CLASSES ON 11/11, 11/25 AFTER 2PM, AND 11/26 - 11/29

UNLIMITED ACCESS TO DROP-IN TO ANY CLASS ON THIS SCHEDULE AS OFTEN AS YOU LIKE ALL QUARTER LONG.
PLEASE RESERVE YOUR SPOT FOR EACH CLASS FOR EVERY OCCURRENCE YOU PLAN TO ATTEND. GO TO **SECURE.RECREATION.UCLA.EDU** TO SAVE YOUR SPOT FOR EACH CLASS.
RESERVATIONS ARE MADE AVAILABLE 36 HOURS BEFORE EACH CLASS OCCURS.

MONDAY

BSTRONG: STRENGTH
M2/3, 8:30-9:30 AM
DRAKE RIG (ROB)

CARDIO YOGA SCULPT
L2/3, 12:00-1:00 PM
PYRAMID ROOM, JWC (ISABELLE)

POWER YOGA FLOW
L1/2, 5:00-6:15 PM
PYRAMID ROOM, JWC (ISABELLE)

BSTRONG: STRENGTH FUNDAMENTALS
L2, 5:15-6:15 PM
NORTH FITNESS PAD WEST, DRAKE (CHLOE)

BSTRONG: STRENGTH
M2/3, 5:15-6:15 PM
NORTH FITNESS PAD WEST, DRAKE (LUCAS)

BALLROOM DANCE FIT
M2, 6:30-7:20 PM
STUDIO 1272, JWC (BATU)

TUESDAY

BSTRONG: STRENGTH
M2/3, 8:30-9:30 AM
DRAKE RIG (STEVEN)

TOTAL BODY YOGA FLOW
L2, 9:30-10:30 AM
PYRAMID ROOM, JWC (MARQUITA)

TOTAL BODY YOGA & SOUND BATH
L2, 10:45-11:45 AM
PYRAMID ROOM, JWC (MARQUITA)

YOGA SCULPT
L2/3, 12:00-12:55 PM
GOLD ROOM, JWC (BINNY)

MAT PILATES
M2, 12:05-12:55 PM
PYRAMID ROOM, JWC (PETER S.)

LINE DANCING
M2, 2:00-3:00 PM
PYRAMID ROOM, JWC (LUKE)

ZUMBA
M2, 5:00-5:55 PM
PYRAMID ROOM, JWC (KEIKO)

BOOTY KICKIN BARRE
M2, 5:05-5:50 PM
GOLD ROOM, JWC (PAM)

BSTRONG: STRENGTH
M2/3, 5:15-6:15 PM
NORTH FITNESS PAD WEST, DRAKE (ISABELLA)

MAT PILATES
M3, 6:05-7:05 PM
PYRAMID ROOM, JWC (SARAH)

WEDNESDAY

BSTRONG: STRENGTH
M2/3, 8:30-9:30 AM
DRAKE RIG (ROB)

CARDIO YOGA SCULPT
L2/3, 12:00-1:00 PM
PYRAMID ROOM, JWC (ISABELLE)

QI GONG FOR STRESS RELIEF & RESILIENCE
L1, 12:00-1:00 PM
GOLD ROOM, JWC (TOMM)

MOBILITY & STRETCH
L1, 3:00-3:55 PM
PYRAMID ROOM, JWC (TERRI)

TOTAL BODY CHALLENGE
M2/3, 4:05-5:05 PM
PYRAMID ROOM, JWC (TERRI)

POWER YOGA FLOW
M2/3, 5:15-6:25 PM
PYRAMID ROOM, JWC (ISABELLE)

DANCE CARDIO PARTY
M3, 5:15-6:15 PM
GOLD ROOM, JWC (LAURA)

BSTRONG: STRENGTH FUNDAMENTALS
M2/3, 5:15-6:15 PM
NORTH FITNESS PAD WEST, DRAKE (CHLOE)

BSTRONG: STRENGTH
M2/3, 5:15-6:15 PM
NORTH FITNESS PAD WEST, DRAKE (LUCAS)

POWER VINYASA FLOW
M2, 7:40-8:40 PM
PYRAMID ROOM, JWC (ELLIE)

HIP HOP GROOVES
M2, 7:40-8:40 PM
STUDIO 1272, JWC (ASHLEY O.)

THURSDAY

BSTRONG: STRENGTH
M2/3, 8:30-9:30 AM
DRAKE RIG (STEVEN)

TOTAL BODY YOGA FLOW
L2, 9:30-10:30 AM
PYRAMID ROOM, JWC (MARQUITA)

PIYO
M2, 12:00-12:50 PM
PYRAMID ROOM, JWC (COURTNEY)

SOUND BATH MEDITATION AND RELAXATION
L1, 3:30-4:30 PM
PYRAMID ROOM, JWC (JASPAL)

DANCE CARDIO PARTY
M2, 5:00-5:55 PM
GOLD ROOM, JWC (ASHLEY K.)

BSTRONG: STRENGTH
M2/3, 5:15-6:15 PM
NORTH FITNESS PAD WEST, DRAKE (CHRIS)

FRIDAY

POWER VINYASA FLOW
L2, 9:30-10:30 AM
PYRAMID ROOM, JWC (ELLIE)

MAT PILATES
M2, 11:05-11:55 AM
PYRAMID ROOM, JWC (PETER S.)

MOBILITY & STRETCH
L1, 3:30-4:25 PM
PYRAMID ROOM, JWC (TERRI)

TOTAL BODY CHALLENGE
M2/3, 4:35-5:35 PM
PYRAMID ROOM, JWC (TERRI)

SATURDAY

TOTAL BODY CHALLENGE
M2, 11:00-11:55 AM
PYRAMID ROOM, JWC (TERRI)

CORE CONNECTION STRENGTH
M2, 12:05-1:05 PM
PYRAMID ROOM, JWC (TERRI)

ZUMBA
M2/3, 12:00-12:55 PM
GOLD ROOM, JWC (KEIKO)

SUNDAY

MAT PILATES
M2, 10:00-11:00 AM
PYRAMID ROOM, JWC (SARAH)

SOUNDBATH MEDITATION & RELAXATION
L1, 4:30-5:30 PM
PYRAMID ROOM, JWC (JASPAL)

HOT HIPS DANCE FIT (SAMBA, BELLYDANCE, BOLLYWOOD, AND HULA)
M2/3, 6:30-7:30 PM
PYRAMID ROOM, JWC (ELIZABETH)

REV: 11/26

Supplement your workout with both GroupX and BStrong classes! Get both passes for $57/Fall quarter.

Purchase required for participation.

Important Notes

***Go to recreation.ucla.edu/groupx for more detailed information regarding the GroupX + BSTRONG pass.**

***All BSTRONG classes are held at Drake Stadium at the north end of the track.**

***Schedule subject to change. Email notifications sent out for class cancellations and updates.**

***Yoga mats not provided.**

***View refund policies at: recreation.ucla.edu/member-services.**

UCLAREC

Workout Intensity Levels

Complexity of Choreography
L Low ***M*** Medium ***H*** High

Exercise Intensity
1 Low ***2*** Medium ***3*** High

GROUPX FITNESS & YOGA PASS (VIRTUAL)

FALL 2026 | SEPTEMBER 28 - DECEMBER 12 | NO CLASSES ON 11/11 AND 11/26 - 11/28

*CLASSES ARE SUBJECT TO CHANGE. FOR QUESTIONS OR SUPPORT, EMAIL **FITWELL@RECREATION.UCLA.EDU**

WHEN POSSIBLE, EMAIL NOTICES ARE SENT TO COMMUNICATE CHANGES AND CANCELATIONS. **PLEASE READ IMPORTANT NOTES SECTION BELOW**

MONDAY

FITBREAK MOVEMAIL LIVE
9:45-10:00 AM
ZOOM (KC)

TOTAL BODY CHALLENGE
M2, 11:30 AM-12:30 PM
ZOOM (JACINTA)

YOGA FOR STRENGTH & MOBILITY
L1/2, 5:00-6:00 PM
ZOOM (STEPHANIE)

DANCE CARDIO PARTY
M2, 6:10-6:55 PM
ZOOM (MEGHAN)

TUESDAY

STRENGTH & BALANCE FOR HEALTHY AGING
L1, 10:00-10:55 AM
ZOOM (ROB & KC)

TAI CHI & QI GONG
L1, 11:30 AM-12:30 PM
ZOOM (PETER A.)

BRUIN MINDFIT
L1/2, 12:00-1:00 PM
STARTS ON 10/13
*ADDITIONAL REGISTRATION REQUIRED (ISABELLE)

CHAIR YOGA
L1, 1:00-1:30 PM
ZOOM (STEPHANIE)

YOGA FOR STRENGTH & MOBILITY
L1, 1:30-2:00 PM
ZOOM (STEPHANIE)

YOGA FLOW & RELAXATION
L1/2, 5:00-6:00 PM
ZOOM (STEPHANIE)

DANCE CARDIO PARTY
M2, 5:00-6:00 PM
ZOOM (ASHLEY K.)

WEDNESDAY

TOTAL BODY CHALLENGE
M2, 11:30 AM-12:30 PM
ZOOM (JACINTA)

FITBREAK
1:00-1:15 PM
ZOOM (IKU)

DANCE CARDIO & CONDITIONING
M2, 1:15-2:00 PM
ZOOM (IKU)

FITBREAK MOVEMAIL LIVE
2:05-2:15 PM
ZOOM (LIZ)

DANCE CARDIO FUN & FLOW
M2, 4:30-5:25 PM
ZOOM (CATHY)

THURSDAY

STRENGTH & BALANCE FOR HEALTHY AGING
L1, 10:00-10:55 AM
ZOOM (ROB & KC)

TAI CHI & QI GONG
L1, 11:30 AM-12:30 PM
ZOOM (PETER A.)

BRUIN MINDFIT
L1/2, 12:00-1:00 PM
STARTS ON 10/13
*ADDITIONAL REGISTRATION REQUIRED (ISABELLE)

YOGA FLOW & RELAXATION
L1/2, 1:00-2:00 PM
ZOOM (STEPHANIE)

CHAIR YOGA
L1/2, 2:00-2:30 PM
ZOOM (STEPHANIE)

FRIDAY

TOTAL BODY CHALLENGE
M2, 11:30 AM-12:30 PM
ZOOM (JACINTA)

FITBREAK
1:00-1:15 PM
ZOOM (IKU)

DANCE CARDIO & CONDITIONING
M2, 1:15-2:00 PM
ZOOM (IKU)

YOGA DEEP STRETCH & RELAXATION
L1, 4:00-5:00 PM
ZOOM (ISABELLE)

SATURDAY

FUNCTIONAL & RESTORATIVE YOGA
L2, 10:00-11:00 AM
ZOOM (TIFFANY)

Important Notes

To receive Zoom Meeting IDs and Passcodes, you must register for a FREE FitZones membership at: secure.recreation.ucla.edu under Purchase Memberships.

Once registered, check your email for a confirmation receipt. Scroll to the bottom of the email to find schedule link. Schedule link will route you to a pdf schedule with Zoom info for all of the classes.

Schedule subject to change. Check for live updates using link at bottom of your confirmation receipt throughout the quarter.

Workout Intensity Levels

Complexity of Choreography
L Low ***M*** Medium ***H*** High

Exercise Intensity
1 Low ***2*** Medium ***3*** High

UCLAREC

fitwell.recreation.ucla.edu/programs/fitzones

Instagram Live:
instagram.com/uclarec

Facebook Live:
facebook.com/uclarec

REV: 9/26

• • **GROUPX + BSTRONG PASS** WORKOUT DESCRIPTIONS*

BALLROOM DANCE FIT
Feel the ballroom burn with this fun dance-fitness class that teaches you the basic steps and rhythms to several ballroom dances including jive, cha-cha, pasodoble, swing, rumba, waltz, tango, foxtrot, and more. No partner required. This is a fun dance workout done individually in a group setting. Designed to get you fit while you learn to dance with the stars!

BOOTY KICKIN BARRE
Learn Ballet technique and dance conditioning movements through this workout using your own body weight plus a chair, counter, or wall mounted ballet barre to develop long dancer-like muscles. "It's a kick" for the midline glutes and legs.

CARDIO YOGA SCULPT
Power yoga flow, plus moderate, optional weight lifting with dumbbells, and cardio conditioning. Great for improving cardiovascular health and muscular endurance. Let's sweat!

CORE CONNECTION STRENGTH
Build power from the inside out in this dynamic, full-body group fitness class. Core Connection & Strength blends targeted core work with strength training using free weights and bodyweight exercises to challenge every major muscle group. Expect a steady mix of functional movements, controlled strength sets, and core-stability drills designed to improve posture, enhance balance, and increase overall strength. Whether you're looking to tighten your midsection, build lean muscle, or simply feel stronger and more connected in your body, this class delivers a balanced, energizing workout for all fitness levels. Get ready to engage, strengthen, and elevate your entire body, one powerful rep at a time. Taught by Personal Trainer, "Coach Terri".

DANCE CARDIO PARTY
A fun dance cardio workout incorporating a variety of dance styles, movements and popular music hits. Enjoy getting a cardiovascular endurance workout while having fun dancing it out!

HOT HIPS DANCE FIT (SAMBA, BOLLYWOOD, BELLYDANCE, AND HULA)
A beginner friendly dance workout learning four main dance styles that get your hips to shake, sway, and swerve til you sweat! Learn bellydance, samba, bollywood, and hula all in one hour of fun and dancing!

LINE DANCING
Get your steps in with a lively line dancing workout! This class blends easy choreography with great music to boost your cardio, coordination, and mood. No dance experience needed—just come ready to have fun and get your groove on!

MAT PILATES
Pilates consists of low-impact flexibility exercises and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

MOBILITY & STRETCH
Unlock your body's natural range of motion in a class designed to help you move, feel, and function better throughout your day. This session combines dynamic mobility exercises, gentle stretching, and breath-focused movement to improve joint health, reduce tightness, and increase flexibility. Perfect for students rushing between classes, faculty spending long hours at a desk, and staff on-the-go—each class meets you where you are. Expect guided stretches for the hips, shoulders, back, and legs, plus mobility sequences that enhance posture and reduce stress and muscle tension. Whether you're preparing for a workout, recovering from one, or simply want to feel lighter and more aligned, this class is your weekly reset for improved movement, balance, and wellbeing. All levels welcome.

PIYO
This class is a total body conditioning class taught in 10 minute segments for 50 minutes blending a fast-paced flow of yoga movements and pilates inspired exercises. You will strengthen your upper body, lower body, and core while also improving your flexibility. Set to upbeat music to keep you motivated and flowing. Taught by UCLA alumnus and Fitwell instructor, Courtney Bell.

POWER YOGA FLOW
Power Yoga Flow is an energetic, fast–paced flow with quick transitions and an emphasis on building strength. Modifications will be offered for all levels, but it is recommended that you have practiced yoga before. Participants will have the opportunity to practice more advanced postures, a core series, and deeper variations.

QI GONG FOR STRESS RELIEF & RESILIENCE
This class begins with relaxation exercises and a guided meditation, connecting to your life force, cultivating a state of gratitude, happiness and relaxation. The practice then unfolds with a combination of soft stationary and dynamic movements with harmonious synchronized breathing. As the class concludes, you are guided through a self-administered energy massage, utilizing your own Qi (Chi) to clear any blockages and release lingering stress and tension, feeling calm, serene, present, and revitalized. Taught by Holistic Health Expert & World Champion Martial Artist Tomm Voss.

SOUND BATH MEDITATION & RELAXATION
A certified sound bath facilitator will bring you into deep relaxation and rest with various sound instruments including gongs, bowls, chimes, drums, and more. You can sit or lay down with provided mats, blankets, and support cushions while you rest and receive the stress relieving benefits of the healing soundscape. Sound baths are known to naturally shift the nervous systems into the parasympathetic response inducing deep levels of relaxation and activating the body's innate ability to heal and restore. Sound baths are effective in reducing stress levels, enhancing mental clarity, supporting emotional release, improving sleep, easing anxiety, balancing mood, and cultivating peace and harmony within. Facilitated by Fitwell Instructor, Jaspal Kaur.

TOTAL BODY CHALLENGE
A total body strength training/anaerobic class using your own bodyweight and optional weights, tubes, bands, balls, or other common household objects for resistance. Get strong and have fun!

TOTAL BODY YOGA FLOW
A dynamic, active yoga class that targets the primary muscle groups of the whole body from head to toe including shoulders, chest, upper back, lower back, hips, glutes, hamstrings, quads and calves. This class begins with warm-up movements to build heat and prepare for the flow and ends in meditation and a final relaxation.

TOTAL BODY YOGA & SOUND BATH
A dynamic, active yoga class that targets the primary muscle groups of the whole body from head to toe including shoulders, chest, upper back, lower back, hips, glutes, hamstrings, quads and calves. This class begins with warm-up movements to build heat and prepare for the flow and ends in meditation and a final relaxation with a crystal bowl sound bath.

YOGA FLOW & RELAXATION
Similar to Yoga Flow (hatha vinyasa) but with a little extra time at the end for restorative poses and relaxation. This class will include segments of flow, longer holds in chosen poses for greater mobility, flexibility, and strength, as well as restorative poses and relaxation at the end of class. Great for increasing flexibility, strength while also getting a little time to rest and recharge.

YOGA SCULPT
Power yoga flow, plus moderate, optional weight lifting, and cardio conditioning. Great for increasing muscular endurance and flexibility. Let's sweat!

ZUMBA
A dance workout of Latin and World rhythms designed to boost your energy, bring people together and have fun while getting fit.

BSTRONG CLASS DESCRIPTIONS:
BSTRONG: STRENGTH
This class features compound strength exercises (main lifts like dead lifts, squats and presses) and isolation/assistance exercises for a comprehensive strength based class.

Typical daily training emphasis is as follows: Mondays (Full Body & Squatting), Tuesdays (Upper Body Pulling), Wednesdays (Full Body & Deadlifting), Thursdays (Upper Body Pushing), Fridays (Full Body and Power Movements).

BSTRONG: STRENGTH FUNDAMENTALS
Learn proper strength training form for squatting, lunging, hinging, pressing, and rowing. Learn to utilize dumbbells, kettlebells, barbells, and cables to load these main exercises.

• • **VIRTUAL GROUPX YOGA & FITNESS PASS** WORKOUT DESCRIPTIONS*

CHAIR YOGA
A gentle yoga flow mostly done while sitting in a chair and utilizing a desk or table. For some movements standing will be optional. Modifications provided for all abilities.

DANCE CARDIO & CONDITIONING
A fun dance cardio workout integrated with conditioning exercises like squats, lunges, push-ups and more. Enjoy easy to follow dance choreography in a variety of styles to a wide range of fun music hits!

DANCE CARDIO PARTY
A fun dance cardio workout incorporating a variety of dance styles, movements and popular music hits. Enjoy getting a cardiovascular endurance workout while having fun dancing it out!

DESTRESS DANCE FLOW
Release stress and have fun dancing! Easy-to-follow moves combined with segments of free-form flow to inspiring music. Emote, express, and uplift your spirits through somatic movement and dance. This will help you unkink stuck energy in the joints and muscles, help you feel and express emotions, and consequently create flow through your meridians and chakra centers so you can feel refreshed, clear, and more fully connected to your life force energy.

FITBREAK
Fit Breaks are short movement breaks designed to help you re-energize, stretch tight muscles, alleviate tension from repetitive movements, and connect with your body. Relieve stress, Increase mobility, and improve mood with movement! Perfect for boosting team camaraderie while helping everyone stay healthy and active during the work week.

FUNCTIONAL & RESTORATIVE YOGA
is an accessible, anatomy-driven practice that prioritizes how a pose feels over how it looks. It adapts traditional yoga postures to fit your unique bone structure and movement patterns, building strength, mobility, and body awareness to help you move through daily life with greater ease. This class will help you to improve strength, flexibility, and stability through various poses and end in a segment of rest and relaxation.

MAT PILATES
Pilates consists of low-impact flexibility exercises and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

STRENGTH AND BALANCE FOR HEALTHY AGING
is designed to improve mobility, balance, and coordination while also improving core, upper, and lower-body strength. These classes are tailored specifically for older adults and feature accessible, low-impact movements that can usually be performed either sitting or standing. Each class will train the core and lower body to enhance posture, coordination, and body awareness. There will also be gentle stretching to improve range of motion. During class, please bring your own resistance bands or dumbbells to use for some of the exercises.

STRENGTH AND CONDITIONING
This full-body strength class is designed to challenge every muscle in your body with expert coaching and a motivating atmosphere with energizing music. Various equipment like dumbbells and resistance tubes will be utilized. Whether you're a beginner or a more experienced exerciser, you'll leave feeling stronger, more confident, and ready to crush your goals for your health and life.

TAI CHI & QI GONG
The ultimate purpose of tai chi is cultivate the "qi" or life energy within us to flow smoothly and powerfully throughout the body. These smooth and flowing movements improve balance, coordination, strength and overall well being.

TOTAL BODY CHALLENGE
A total body strength training/anaerobic class using your own bodyweight and optional weights, tubes, bands, balls, or other common household objects for resistance. Get strong and have fun!

YOGA DEEP STRETCH & RELAXATION
Unwind, stretch, breathe, and center yourself in this stress relieving class and learn a variety of mindful meditations (yoga, breathing, body scans, walking in place).

YOGA FLOW & RELAXATION
A hatha vinyasa yoga class that includes segments of flow for strength and flexibility while also including gentle, restorative segments and poses for whole body relaxation. Class will also integrate mindfulness practices for increased mind-body awareness and centering.

YOGA FOR STRENGTH & MOBILITY
A hatha vinyasa yoga class that includes segments of flow and segments of longer holds in chosen poses for greater mobility, flexibility, and strength. Great for increasing flexibility while also improving muscular strength and endurance.

FALL 2026 SCHEDULE

SETPEMBER 24 – DECEMBER 4

NO CLASSES ON 11/11, 11/25 AFTER 2PM, 11/26 - 11/29

Looking to get stronger and improve your strength training form without waiting in line at the gym and scrolling for a program to follow? BSTRONG classes are a comprehensive strength program and feature classic exercises like squats, lunges/split squats, hinges/dead lifts, presses, and pulls/rows. They are held outdoors at Drake at one of our "rigs or lockers" that feature squat racks, barbells, dumbbells, kettlebells, balls, resistance tubes etc.With access to this popular equipment and smaller class sizes, you get top notch instruction & individualized feedback to improve form. Get STRONG with your fellow Bruins!

Purchase your GroupX/BSTRONG pass at **secure.recreation.ucla.edu.** Sign up for the classes you want to take each week **here**.

Classes are mixed level, meaning they can be scaled for different fitness levels. Beginners should start with the BSTRONG: STRENGTH FUNDAMENTALS.

To view program refund policies go to:
recreation.ucla.edu/member-services

CLASS DESCRIPTIONS:

BSTRONG: STRENGTH

This class features compound strength exercises (main lifts like dead lifts, squats and presses) and isolation/assistance exercises for a comprehensive strength based class.

Typical daily training emphasis is as follows: Mondays (Full Body & Squatting), Tuesdays (Upper Body Pulling), Wednesdays (Full Body & Deadlifting), Thursdays (Upper Body Pushing), Fridays (Full Body and Power Movements).

BSTRONG: STRENGTH FUNDAMENTALS

Learn proper strength training form for squatting, lunging, hinging, pressing, and rowing. Learn to utilize dumbbells, kettlebells, barbells, and cables to load these main exercises.